

Woman's World

Conducted by Helene Valeau.

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of the Intermountain Catholic. The well known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

Dear Miss Valeau:
Please tell me a good drying wash for the hair and a curling liquid.
G. M., Park City.

A good drying wash may be made as follows: Oil of cassia, one-half drachm; essential oil of almonds, five drachms; essence of musk, one fluid drachm; rectified spirit, two and a half ounces. Add after thoroughly mixing, three-quarters of a pint of distilled water and one ounce of dissolved gum arabic.

A good "curling" liquid is made from lichen seeds, bell water until reduced to half its bulk; then strain and scent with a few drops of essence of rose or violets.

Dear Miss Valeau:
What will remove surplus fat from the face?
W. H. K., Ogden.

A surplus of fat on the face is removed by severe massage. Use cucumber lotion or cream. Wash the face at night in very hot water to open the pores, apply the cream and then rub hard. Begin under the chin and rub up towards the ears. Then place the finger tips just below the cheek bones and rub toward the temples. This, if done constantly every night, will wear off superfluous flesh in several weeks. Always rub up.

Dear Miss Valeau:
I am only 25 years old and quite bald. Can you help me?
JAMES F., Salt Lake.

Your system evidently is sadly run down and in need of iron. The latter taken internally, I think, would benefit you, but that a physician must prescribe.

A tonic that should improve your hair is made of one-half ounce of tincture of cathartides, one pint of rectified spirits, one-half ounce of sublimed sulphur and four ounces of glycerine. Mix and use three times a day, moistening the bald spot and massaging gently. Shake the bottle before using. At night wash the spot gently with warm water and pat until dry.

Trouble and Borrowed Trouble.
About one woman in a dozen nowadays has what is politely termed "nerves." In old times this disease was called "hysteria," and in the most of course nerves mean a real and most disagreeable illness. The woman has overdone or been overdone. She may have done too much housework; she may have been too busy with her societies, clubs, mothers' meetings, picnics and the like. She may have had too much company, her second cousins and their wives relations, or even dear friends of whom she loves, until she is worn to a frazzle from waiting on them, from hearing them talk and from talking back to them. Or she may have been too dull, she may have had a surfeit of sameness and is dying from it. And then, again, her habit of mind may be to borrow trouble.

"This habit is a poor one to cultivate. It will grow on a woman and make her far more wretched than any real trouble will. Once her mind is trained to it, she can catalogue possibilities and concoct situations which for misery will put to blush the greatest grief. A cough or a sneeze means to her a year in the Adirondacks and finally death and a handsome funeral. A strain means permanent lameness; a headache, probable blindness; the loss of a position, the certain loss of the home with all that it cost in the denial of luxuries and the purchase in the near future. She sees the sheriff's padlock on her door and nothing will avert it. If her daughter receives a snuff of admiration, there will certainly be a most unhappy marriage with all that such a calamity carries with it. And the woman wears herself out and grieves and mourns and weeps and then she acts the heroine. Usually she is given no time to grieve. And we see her endure funerals and prying eyes, we see her stand immovable at graves, we see her weep and wail and moan without blanching. She puts on a brave front and does her best, and often her best is very good. The still small voice is in the real trouble."
—Catholic Union and Times.

Moody Women.
"It is all very well to be bright and frolicsome, all smiles and laughter, when one is 18 or 20," remarked a moody woman of 30, "but troubles soon sweep all that kind of thing away, and yet some people will go on trying to keep youthful."
"And why shouldn't they?" asked an older woman. "Keeping youthful does not mean pretending one is 25 when one has passed 40, but it does mean retaining that brightness and freshness which is the charm of youth, and which every one realizes is the most delightful thing in the world."
"Every one has or has had her youth, and it has always appeared to me absolutely absurd the way people literally let their youthful feelings slip off as they walk along the road of time. There is no reason for it. It is some precious idea that is lost. If big, grave troubles come it may sober down their spirits for a time, but then, if this youthfulness is such a good thing, their first thought should be to gather it up around them again, just as one would a cloak that a gust of cold, bitter wind had blown unstuffed. But as a rule, it isn't trouble, worry, distress, or any thing that may come to us that steals away the brightness of life so surely as that weird habit of indulging in moods, and ugly moods, too, which so many women cultivate."
"You will find moody women in every walk of life just tearing their youth from them. You have only to be with them ten minutes when you realize that whatever happens to them, is in their eyes just the very worst thing."

For Nagging Housewives Only.

There is no such kill-joy in the home as the nagging, complaining wife and mother who sees only the dark side of things, and upon whose world the sun never shines. She courts trouble by going to meet it, instead of husbanding her strength so that if real sorrow comes her way she is able to meet it with fortitude. The members of the household are made to suffer for the contrariness of circumstances, and each in turn falls under her displeasure.

A nagging, complaining wife who wears out a man's love. He becomes impatient and then indifferent. This last is love's deadliest foe. As to the children, little people are great imitators, and hearing mother nagging all day and every day they follow her example, and nag and quarrel among themselves; thus their childish affections, and incidentally their capacity for love in after life is wiped in the bud.

Why women can be constantly scolding and fretting when there are so many pleasant things to talk about is past understanding. If women would refuse to see things from the blackest point of view the clouds would soon give way to the bright and smiling morning.

Secret of Woman's Health.

If the woman of the twentieth century is getting to give the greater part of her waking hours to unnecessary care of her body, she sinks to the level of the Indian squaws who were the pets of the great chiefs hundreds of years ago. The squaws were painted and overhung with sharks' teeth and wampum—they had rings on their fingers and bells on their tees. What real differences are there between those fine ladies of the Chocoma and the Ironquots and the fine ladies of today? And yet there echo in the ears of the modern woman the cry of the tenement house, the cry of the child laborer; the cry of all the pressing, unaged problems of the home and of the world—the cry of her own immortal soul—the while she dawdles over her silly face, and grins before a mirror. The squaw was the more womanly of the two. At least, she "lived up to her lights."

The whole "beautification" enterprise is delusive. The woman who scrupulously regards neatness, who observes the laws of health, who does the duty of each day as though it might be her last, and then gives her best efforts to making her world better and happier—without much considering her own complexion—that woman is not only admirable for her character, but she is also likely to be far better looking than her belated, over-dressed, powdered, couched, "beautified" and over-manipulated sisters.

Value of Olive Oil.

Various forms and kinds of oils form a large stone in the foundation of beauty culture. Only the thoughtful observer realizes their importance and that they were indispensable to the bodies of old times—to the Greeks and Romans and eastern beauties of ancient days. Olive oil was the most luxurious, as well as most common. It was taken internally and externally; they rubbed with it, bathed in it, drank it and used it a hundred ways. Olive oil is still olive oil, though not so many people recognize its value except as an ingredient for salad dressing.

It is excellent for the digestion and may be taken in doses of from one to three or more teaspoonfuls a day. Some people find it distasteful taken clear. In that case it may be disguised in wine or lemonade or some pleasant drink, which of itself should agree with the individual's system.

Olive oil is a good flesh builder. If rubbed into the skin, it not only accomplishes this with faithful applications, but makes the skin soft and velvety, being a vegetable oil, it has absolutely no tendency to stimulate a growth of hair.

Olive oil is used in a hundred other ways, but the sum of its virtues lies simply in this—it is gentle in its action, soothing, nourishing and strengthening.

Happiness a Duty.

There is no duty so much underrate as the duty of being happy. By being happy we sow anonymous benefits in the world which remain unknown even to ourselves. When they are disclosed, surprise nobody so much as the benefactor. The other day a ragged, bare-foot boy ran down the street after a marble with so jolly an air that he sent every one he passed into a good humor.

One of those persons, who had been delivered from more than usually black thoughts, stopped the little fellow and gave him some money with this remark: "You see what comes sometimes of looking pleased." If the boy had looked pleased before, he has now to look both pleased and mystified. For my part, I justly commend the encouragement of smiling, rather than tearful children; I do not wish to pay for tears anywhere, but I am prepared to deal largely in the opposite commodity. A happy man or woman is a better thing to have than five dollars. He or she is a radiating focus of good-will; and their entrance into a room is as though another candle had been lighted. We need not care whether they could prove the forty-seventh proposition; they do a better thing than that; they practically demonstrate the great theorem of the livableness of life.—Robert Louis Stevenson.

Hints to Nervous Women.

There are so many things a neurotic woman can do which will mitigate the severity of her symptoms and, perhaps, if the disease is slight, she may recover without the intervention of her physician, says Dr. Hammond in Harper's. In the first place, the original trouble, worry or anxiety which was responsible for her nervous breakdown, must be done away with, or, if this is impossible, she must school herself not to care, or else remove herself to new scenes and surroundings where her mind will not be harassed. Peace of mind will do more to restore shattered nerves than almost anything else.

The next thing is to make the bodily health as good as it can be made under the existing circumstances and surroundings. Sleep and rest are absolutely essential to recovery; and the sufferer should do all she can to secure both. Narcotics, to produce sleep, are not to be thought of. They do not cure anything, and their continual use can only be productive of harm. Tranquilize the

mind, banish by force of will unpleasant thoughts, and sleep alone rather than with some one else whose restlessness or deep breathing, to say nothing of snoring, might well banish sleep from the eyes of even Morpheus himself. Sometimes a warm foot-bath before bed, or eating a slice of bread and butter, or drinking a glass of milk will bring sleep to the tired eyes. If, however, these means are inadequate, it is better to consult a physician. Normal sleep, and plenty of it, must be secured before recovery becomes possible.

For Hot Hands.

The following lotion will prove very beneficial when the hands perspire too freely and become uncomfortable. In consequence, take ten grains of salicylic acid, half an ounce of simple tincture of bogoin, two ounces of elderflower water and three ounces of rose-water. This mixture should be used on the hands, and the result will be that they will remain fresh and cool.

The Duty of Being Well Dressed.

Every woman realizes more or less the influence of dress on the mind, and that if she would be good-natured and self-possessed she must be neatly and becomingly attired. Dress is the exponent of character and while the old saying that clothes do not make the man is doubtless true, yet there are certain articles of dress which almost invariably characterize a lady or a gentleman. The woman who appears on the street in a Paris costume and wears solid and torn finery in the house is lacking in some of the domestic virtues. She is either indolent and slovenly or else she is impolite enough to think that it does not matter how she treats her family. In this she makes a serious mistake, for dress is an environment not only to the wearer, but to all with whom she comes in contact, and especially to children and inferiors.

If a woman's wardrobe must suffer at times, I would prefer the one who would wear a shabby dress in public rather than sacrifice her neatness at home. It shows better traits of character, and depends more on good taste and infinite pains than on money. Unfortunately our American women do not make sufficient study of artistic dressing and are too close followers of fashion. A French woman cares little if her gown is in the latest style, provided it is of good material and becoming. She never loses sight of the latter feature and she positively refuses to wear things that make her look hideous, no matter how strongly they may be advocated by fashion.

Doing One's Hair.

"Knack" at doing one's hair will result in a better coiffure than can be made by the hairdresser. There are even few French maids who can do the hair as becomingly as the woman who has once learned the art can do it for herself. By putting thought in it always and doing it carefully every day, whether it is an important occasion or not, a woman will in time acquire the gift of doing her hair well. If the locks are kept in a healthy condition, trimmed and brushed and waved once in a while by the hairdresser, and if they are scrupulously clean and glossy, it is comparatively easy for a woman to achieve a good coiffure for herself.

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